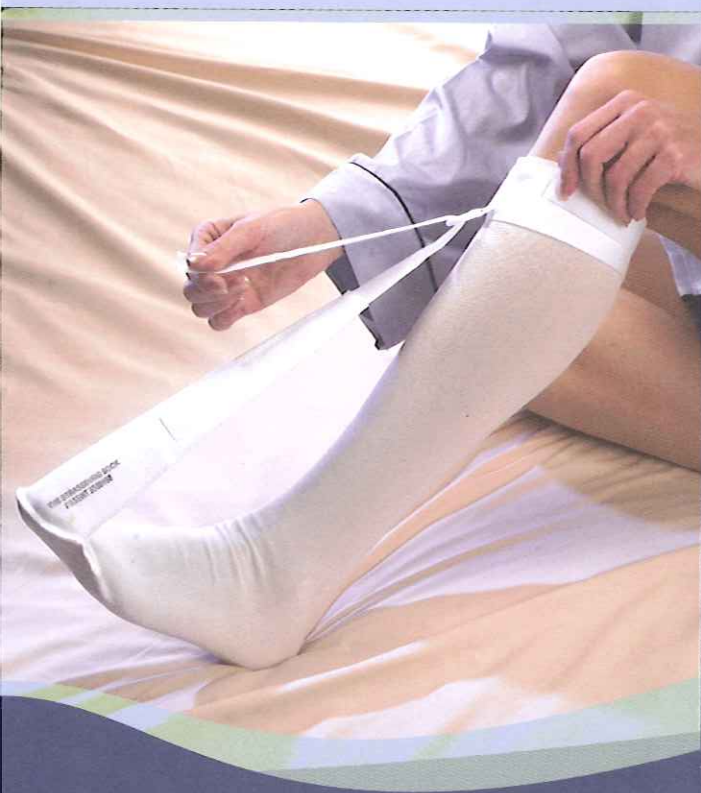


THE STRASSBURG SOCK



Plantar Fasciitis



Night Sock

What is Plantar Fasciitis?



Plantar Fasciitis is a common condition affecting millions of people each year. Many sufferers describe it as feeling like having a nail in your heel. Pain is usually worse in morning or after periods of extended sitting or standing. The plantar fascia is a thick, fibrous material covering the sole of the foot that helps to balance the complex movements of the foot and ankle. It provides static support and acts as a bowstring to support the medial longitudinal arch of the foot. People who are flat-footed or whose feet roll too far inward while running or walking (a condition called over-pronation) place stress on the plantar fascia. When the plantar fascia is stressed it becomes inflamed and develops painful microscopic tears at the heel. These symptoms can often be reduced through the use of an orthotic, stretching, or having someone help you select a shoe that gives you support and motion control. Unfortunately, the gains achieved by daytime products are often lost at night as the plantar fascia heals in a shortened, unsupported position.

How Does The Strassburg Sock Work?

When worn at night or during extended periods of rest, the Strassburg Sock engages the windlass mechanism to maintain tension on the plantar fascia. In the morning, as you take your first few steps, the plantar fascia is already stretched thereby reducing those first painful steps. The Strassburg Sock has also been used by many athletes during periods of intense training to maintain the optimal position of the plantar fascia to help prevent possible recurrences.

Does it Really Work?

Yes. In fact, an independent, peer-reviewed research study published in the Journal of Foot and Ankle Surgery found some significant results. The study consisted of 160 patients of which 89 used the Strassburg Sock and 71 used standing stretching exercises. Patients using the Strassburg Sock had an average recovery time of 18.5 days with 97.8% recovering within eight weeks. In addition none of the patients using the Strassburg Sock were unable to tolerate wearing it as prescribed, the biggest problem with traditional "boot"-type night splints.

Runner's Injury Relief



Dave Strassburg

The Strassburg Sock provides a comfortable and adjustable stretch which can also be helpful for many other injuries including achilles tendonitis and calf tightness. It is also a great stretching aid for training and race recovery not just for runners but for triathletes and cyclists as well.

Also Now Available



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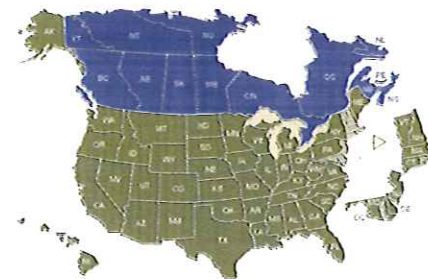
for more info visit: TheSock.com

THE STRASSBURG SOCK

is available locally at:



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